

Fernando

COPPER KNOB
BY SHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Violet Ray (USA) - January 2008
音乐: Fernando - ABBA : (CD: The Definitive Collection)



ROCK, RECOVER, BACK LOCK STEPS (2X), RONDE SWEEP

- 1 - 2 Rock R foot forward, Recover weight on L foot
- 3 & 4 Step R foot back, Cross L foot over R foot, Step R foot back
- 5 & 6 Step L foot back, Cross R foot over L foot, Step L foot back
- 7 - 8 Ronde sweep R foot from front of L foot to back of L foot, Cross R foot behind L foot

SIDE ROCK, RECOVER, CROSSING TRIPLE, RONDE SWEEPS (2X)

- 1 - 2 Rock L foot out to left side, Recover weight on R foot
- 3 & 4 Cross L foot over R foot, Step R foot to right side, Cross L foot over R foot
- 5 - 6 Ronde sweep R foot from back of L foot to front of L, Cross R foot out in front of L foot
- 7 - 8 Ronde sweep L foot from back of R foot to front of R, Cross L foot out in front of R foot

ROCK, RECOVER, CROSSING TRIPLE, BACK, 1/4 TURN, CROSSING TRIPLE

- 1 - 2 Rock R foot out to right side, Recover weight on L foot
- 3 & 4 Cross R foot over L foot, Step L foot to left side, Cross R foot over L foot
- 5 - 6 Step L foot back, Turn 1/4 right stepping on R foot (3:00)
- 7 & 8 Cross L foot over R foot, Step R foot to right side, Cross L foot over R foot

POINT, CROSS, POINT, CROSS, ROCK, RECOVER, 1/2 TURNING TRIPLE

- 1 - 2 Point R foot to right side, Cross R foot out in front of L foot
- 3 - 4 Point L foot to left side, Cross L foot out in front of R foot
- 5 - 6 Rock R foot forward, Recover weight on L foot
- 7 & 8 Turn 1/2 right while executing triple step (R, L, R) (9:00)

PIVOT 1/2 TURNS (2X), CAMEL WALKS

- 1 - 2 Step L foot forward, Pivot turn 1/2 right ending with weight on R foot (3:00)
- 3 - 4 Step L foot forward, Pivot turn 1/2 right ending with weight on R foot (9:00)
- 5 - 6 Step L foot forward at left angle, Cross R foot behind L foot
- 7 - 8 Step L foot forward at left angle, Cross R foot behind L foot

ROCK, RECOVER, 1/4 TURN, CROSS, SIDE ROCK, RECOVER, CROSS, POINT

- 1 - 2 Rock L foot forward, Recover weight on R foot
- 3 - 4 Turn 1/4 left stepping on L foot (6:00), Cross R foot over L foot
- 5 - 6 Rock L foot out to left side, Recover weight on R foot
- 7 - 8 Cross L foot over R foot, Point R foot out to right side

Begin Again

TAG: There is a 4 count tag AFTER the 2nd repetition of the dance. Do the following:

- 1 - 2 Step R foot next to L foot, Point L foot to left side
- 3 - 4 Step L foot next to R foot, Point R foot to right side

PAUSES: There are 2 pauses in the dance.

After the 4th repetition - pause (hold) with your R foot pointed to right side. Begin the dance again on the word "Fernando."

After the 5th repetition - pause (hold) with your R foot pointed to right side. Begin the dance again on the word "Air."

